

Our office offers a solution.

As a proud Member of the Neuropathy Treatment Centers of America our Certified Neuropathy Professionals have specific training that allows them to work with patients suffering from Restless Leg Syndrome and Peripheral Neuropathy nerve problems.

Members have trained with one of the leading Chiropractic Neurologists in the world, Dr. Joe DiDuro, a clinical researcher who has worked with patients suffering from PN for the last 10 years. He has published and presented papers in the US, Canada and Europe that document the discoveries that have helped thousands of people get their lives back. Along with this training Members of the Neuropathy Treatment Centers of America through their work with PN patients understands that Peripheral Neuropathy Patients have a very low quality of life. The pain of neuropathy touches every aspect of an affected persons existence.

 **NeuroTCA**

Why not END your RLS nightmare?
TODAY for TONIGHT

*Everyday We Have More Success
Relieving Restless Leg*

Why Not You?

- Reduced Pain and Cramps
- Reduced Tingling or Numbness in the Fingers, Toes or Legs
- Reduced Feeling of Cold, Burning or Pain in the Feet and Legs
- Improved Sleep
- Less Restless Legs

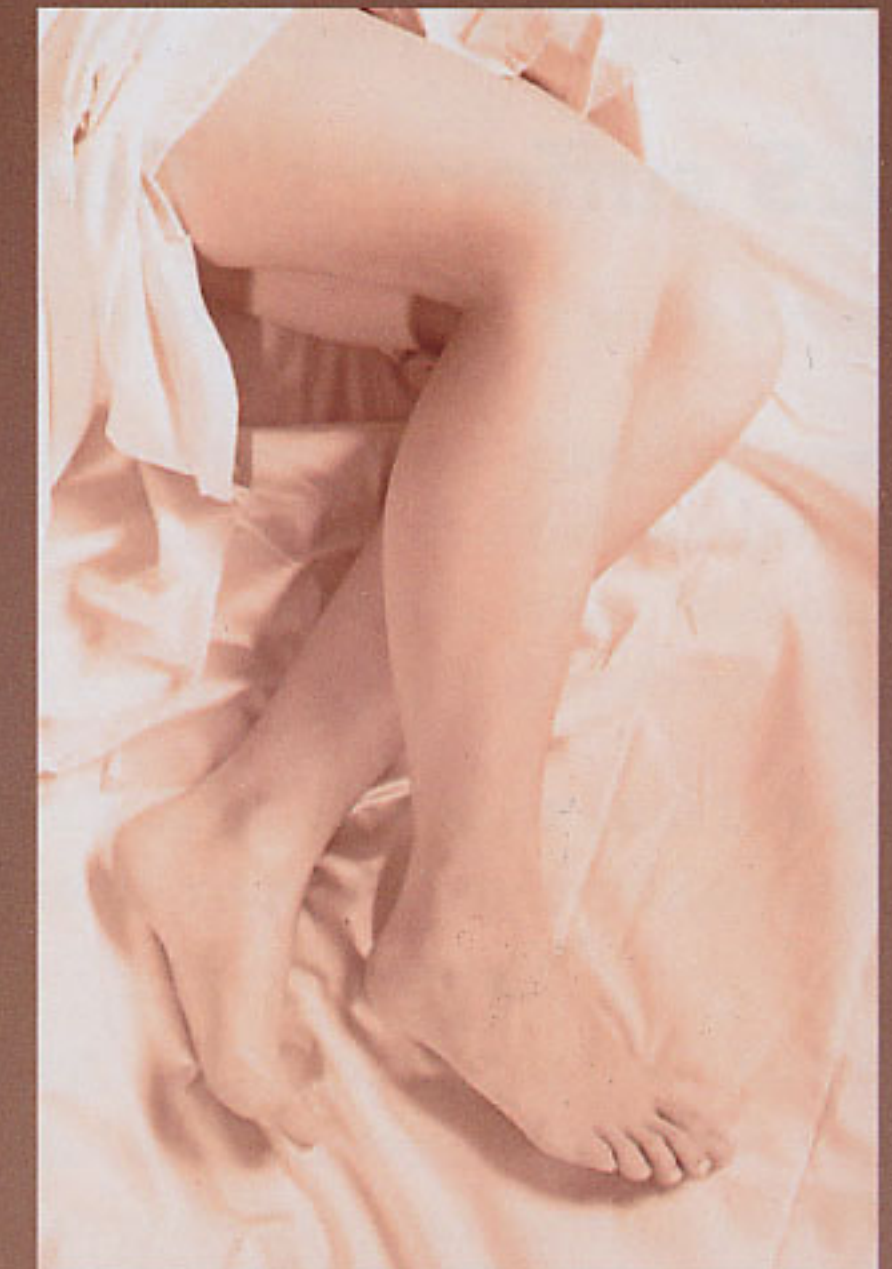


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 **NeuroTCA**

**Neuropathy
Treatment
Centers of
America**

Restless Leg Syndrome



**Real Medical Conditions
Require Real Care**

Restless Legs Syndrome (RLS) is a REAL Medical Condition

The common symptoms of Restless Legs Syndrome (RLS) are:



Patients often have difficulty explaining the unpleasant sensations in their legs, using terms such as creeping, crawling, tingling, aching, burning, pulling, painful, itching, and cramping. These sensations are usually temporarily or partially relieved by movement as long as the activity continues. The symptoms are usually worse or only occur in the evening or at night.

A "RLS sufferers" Survey

- * **68.6%** reported taking more than 30 minutes to get to sleep
- * **60.1%** reported waking 3 or more times per night
- * **60.8%** reported that they lacked energy
- * **60.1%** found it difficult to sit or relax
- * **57.2%** stated that their daily activities were disturbed

Air travel and long trips are a trial. Even enjoying a television show may be more than they can manage.

* You can feel burning, creeping, tugging sensations or feel as if insects are crawling inside the legs. The sensations range in severity from uncomfortable to irritating to painful. The sensations most commonly occur in the calf area but can be felt anywhere in one or both legs.

* The most distinctive or unusual aspect of the

condition is that symptoms occur or worsen when you are lying down, sitting, resting or relaxing for long periods of time. As a result, many people suffering from restless legs syndrome have difficulty sleeping and falling asleep.

Restless legs syndrome (RLS) is a common and clinically significant motor disorder increasingly recognized by physicians and the general public, yet still underdiagnosed, underreported, and undertreated.

* You may often feel an uncontrollable urge to get up and move around. Sometimes you may get relief from this discomfort by pacing, walking, stretching, knee bends, massage or hot or cold baths.

Symptoms may interfere with sleep, and as a result, sufferers may feel sleepy during the day, too tired to participate in their daily activities!

* Symptoms tend to worsen in the evening and throughout the night, particularly when you lie down. You would have a problem getting sleep. Feeling a need for constant movement, many people delay trying to go to sleep and may instead pace or move their legs to prevent the feelings of restless legs.

* You feel better and your symptoms improve when you move your legs around.

You may have difficulty lying down and sleeping, or sitting down and relaxing, because their legs just won't let you.

* Many people report of fatigue and exhaustion which indirectly affect their personal and professional life.

Restless Legs Syndrome can have a significant physical and emotional impact on sufferers.

Due to the lack of a specific diagnostic laboratory test, patient history is the primary means of diagnosing restless legs syndrome (RLS). Often

RLS goes undiagnosed or misdiagnosed due to a lack of clinician awareness combined with patient difficulty in describing RLS symptoms. In the primary care section of the RLS Epidemiology, Symptoms, and Treatment (REST) study, only 12.9% (46 out of 357) of patients consulting a physician about RLS symptoms reported being given a diagnosis for RLS. Our specific clinical exam allows our office to eliminate the guessing that patients usually get. Many patients are *misdiagnosed* with impaired circulation, nocturnal leg cramps, and osteoarthritis.

What if the UNDERLYING cause of your Restless Leg was damage to the nerves in the legs? This is called Peripheral Neuropathy and is difficult for a non-trained doctor to diagnose. If the Problem is in the LEGS, Why not treat the LEGS?

Peripheral Neuropathy & RLS

RLS has been associated with peripheral neuropathy. A recent study revealed that people with diabetes were four times more likely to have RLS than non-diabetic patients. These patients demonstrated small fiber neuropathy.

Using state-of-the-art technology, our office examines Restless Legs Syndrome patients to uncover if there is an underlying problem with the nerves in the lower legs and feet. A common cause of RLS is an often underdiagnosed small-fiber neuropathy.

If a RLS sufferer has small-fiber neuropathy, our care plans focus on rehabilitation of the nerves and reduction in the symptoms of RLS. This is accomplished by our non-invasive, drug-free, low-level light therapy which has been clinically proven to reduce the symptoms of RLS leading to better sleep and less pain.